

**WHAT IS CLAIMED IS:**

1. An exercise apparatus for kicking and stretching, comprising:

an elongate support member having opposed upper and lower free extents with a longitudinal body interposed therebetween and through which longitudinal axis passes, said body comprising one or more intussusceptible portions that are reciprocatingly slidable relative to one another and further relative to a lower body portion of said body for height adjustment of said apparatus; said support member including a truss member disposed proximate said lower extent of said body and having two or more legs to stabilize said support member in an upright position along said longitudinal axis;

a cross member supported at said upper free extent of said support member and in normal relation therewith, said cross member being disposed in generally a cantilever fashion so as to prevent rotation thereof; said cross member including a limb support portion protruding from a top surface thereof and having a curvature to support a user's limb thereon..

2. An exercise apparatus according to claim 1, further including at least one clamping member along said body where each said intussusceptible portion accepts an adjacent intussusceptible portion therewithin, wherein said clamping member includes means for frictional engagement of an adjacent intussusceptible portion.

3. An exercise apparatus according to claim 2, wherein said means for frictional engagement comprises a rotatable handle including a stem that frictionally engages a corresponding intussusceptible portion upon rotation thereof and relieves engagement with said intussusceptible portion upon opposite rotation thereof.

4. An exercise apparatus according to claim 1, wherein said legs are joined to a leg connector that is reciprocatingly slidable with respect to said lower body portion so as to retract said legs toward longitudinal axis and thereby collapse said apparatus.
5. An exercise apparatus according to claim 1, wherein said limb support portion is integral with said cross member.
6. An exercise apparatus according to claim 1, wherein said limb support portion is integral with a cross bar clamp that fastens said cross member to said support member.
7. An exercise apparatus according to claim 1, wherein said limb support portion is slidable along a longitudinal extent of said cross member so as to provide multiple locations for limb support and stretching.
8. An exercise device according to claim 1, wherein said cross member includes one or more releasably lockable telescoping members that are reciprocatingly slidable relative to one another.
9. An exercise device according to claim 8, further including at least one clamping member for releasably locking said telescoping members.
10. An exercise apparatus according to claim 1, wherein one or more of said lower body portion, said intussusceptible portions, said cross member and said telescoping members may includes one or more of visual and tactile indicia.